AIR NATIONAL GUARD
Transformation
Total Force
Guard * Active Duty * Reserve * Industry * Civilian
Ready ★ Reliable ★ Relevant
Now... and in the Future!

Air National Guard Fitness Program (ANGFP)

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Leading the Air National Guard into the Future

Operationalizing "VANGUARD"

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ANG Fitness in 2003

- **Implemented the ANGI 40-501 in April**
- **Satellite Broadcast**
- **Spoke at First Sergeants School**
- **Presented briefings at medical meetings**
- **Conversed with many of you**
  - Phone/e-mails/in person
- **You Made It Happen……let's see**

Fitness Stats

Assessments Completed	66972	55429	11543
Exempt Status	4226	3302	924
Assessments yet to be Completed	48341	39766	8575
Average Age	36	36	34
Average FitnessAge	36	36	35
Average BodyAge	44	44	48
Average CardioAge	39	40	37
Average FlexAge	27	27	30
Average SitupAge	27	28	25
Average PushupAge	32	34	26
Met Minimum Standard	50281	42013	8268
Did not meet the Minimum Standard	16691	13416	3275
Did not meet Body Standard	31296	24292	7004
Did not meet Cardio Standard	24072	20322	3750
Did not meet Flexibility	8278	5966	2312
Did not meet Sit Up Standard	3901	3220	681
Did not meet Push Up Standard	10877	10038	839

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Now What?

- **CSAF Directed AF to develop a new Commander-Driven Fitness Program**
  - Combined Fitness and Weight & Body Fat Management Programs into one Fitness Program
    - Message 23 Dec 03 Transition/Implementation of the New Fitness Program
    - January 04 - AFI 10-248

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Now What?

- **AFI 10-248 states the Air Force Reserve & Air National Guard must meet the standards in the instruction**
  - **AND**
- **ANG Instruction will provide specific information**
  - **SO…**

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ANG Guidance

- **ANG/DP sent out Interim Message**
  - No new Enrollees in the WBFMP
  - Members already in program - “HOLD”
  - Administrative actions before 1 Jan 04
    - May be prosecuted to completion
  - Members in Hold but if due to reenlist or extend – may be extended for six months, till new Fitness Program (FP)

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ANG Guidance – cont.

- **Once new FP in place**
  - Members in Phase 1-Unsatisfactory
  - Members in Phase 1-Initial Entry
  - Members in 3-month Exercise/Dietary
    - All test within 90 days
    - All tested by end of Aug (90 days plus)
- **If member fails-enters the Fitness Improvement Program (FIP)**
- **If members passes with a 70-Great**

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ANG Guidance - cont.

- **Amendment to the ANG/DP message**
  - Students attending formal training
    - Member must meet weight /body fat measurements in ANGI 40-502
    - Members not meeting standards will not attend formal schools
    - Place on Hold and test with the new FP
  - Students attending formal training must be prepared to participate and pass the AF Fitness standards

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ANG Guidance – cont.

- **Members eligible for reenlistment, promotions and similar personnel actions**
  - Meet WBFMP standards
  - Members not meeting standards, place on Hold and test with new FP guidelines
    - If they test with new FP and pass they are good to go

April 1 2004 to Date	ANG Total	Males	Females
Assessments Completed	4461	3613	848
Exempt Status	266	186	80
Assessments yet to be Completed	102570	84564	18006
ANG Average Score	72	72	74
Average Age	36	37	34
Average FitnessAge	32	32	34
Average BodyAge	43	41	51
Average CardioAge	34	34	33
Average FlexAge	26	25	29
Average SitupAge	26	27	24
Average PushupAge	24	24	26
Met Minimum Standard	3814	3086	728
Did not meet the Minimum Standard	647	527	120
Exercise 0 times per week	571	498	73
Exercise 1-2 times per week	24072	20322	3750
Exercise 3-4 times per week	1879	1497	382
Exercise 5-6 times per week	485	367	118

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Responsibilities

- **Commander's Program**
  - Stress lifestyle change and fitness, not the testing – stress the positive
    - In line with CSAF's Expeditionary Culture
    - Promotes fitness within the unit environment
  - Will present new challenges
    - Encourage members to begin NOW!
    - Ensure safety is number one priority

Responsibilities - cont.

- **All remain the same**
  - Commanders, FPMs, UFPMs, MLOs, HPMs, FAMs, Supervisors, First Sergeants, and members

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Responsibilities – cont.

- **Physical Training Leader-PT Leader**
  - Optional
  - Training required
    - Available at colocated bases
    - PT Leader Guide (available on the web)
    - Training classes with Services
      - 19-24 June Cooper Course – Physical Trainer Certification
      - August will be the next class, Spokane, WA
- **Installation Services Commander**
  - Unit Type Codes = fitness positions assigned
  - Training required but great asset on the FP team

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Fitness Standard

- **Aerobic/cardio Fitness**
  - 1.5 Mile Run or 3-Minute Step Test
- **Body Composition**
  - Abdominal Circumference
- **Flexibility**
  - Sit and Reach
- **Muscular Strength/Endurance**
  - Push-ups and Crunches

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Fitness Standard

- **Aerobic – 50 points**
- **Abd Circumference – 30 points**
- **Flexibility – 0 points**
  - Used only for a Fitnessage
- **Push-up – 10 points**
- **Crunch – 10 points**

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Fitness Standards

- **Can have composite score even with exemptions**
  - Total components points achieved divided by total possible points X 100 =
    - Composite Score
- **Abdominal Circumference on all but**
  - After abd. surgery, during or up to 180 days after pregnancy

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Fitness Standards

- Passing score is 70
- Excellent >90
- Good = 75-89.99
- Marginal = 70-74.99
- Poor <70

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Fitness Standard

- **Excellent and Good**
  - Test next calendar year
- **Marginal**
  - Retest 6 months
  - Information provided, NGB IMT 108
- **Poor**
  - Retest 6 months, enrolled into FIP, information provided, sees Health Promotions, NGB IMT 108

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Assessment

- **Fitness Assessment Questionnaire**
  - Review at least 3 months before
    - Allows for medical evaluation
  - One month prior members can complete
- **First portion screens for risks factors for the 1.5 mile run**
  - If answer yes, you will perform the sub-maximal test – the 3-minute step test

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Assessment

- **Second portion-physical activity questions**
  - Like last year's questionnaire
  - If yes to these have to see MLO
    - In case medical exemption is needed or profile
- **On day of assessment have member validate still correct**

Fitness Assessment Questionnaire

Today's Date: ____ / ____ / ____

Name: _____ Rank: _____ ❑ Male ❑ Female

SSN: _____-_____-_____ Date of Birth: ____ / ____ / ____ ❑ Traditional ❑ Title 32-AGR

Assigned Unit: _____ Wing (or equivalent): _____ AFSC: _____

Email Address: _____

Please use an address that you check frequently. Can be non military.

do I qualify for the 1.5 mile run?

IF ANY OF THESE STATEMENTS ARE TRUE, YOU WILL PERFORM THE STEP TEST TO MEASURE YOUR CARDIO FITNESS AND NOT PERFORM THE 1.5 MILE RUN.

	TRUE
I have a family history of heart disease	❑
I have high blood pressure	❑
I have cholesterol over 200 (documented within the last 12 months) or I don't know my cholesterol	❑
I am a male with a waist measurement over 40"	❑
I am a female with a waist measurement over 35"	❑
I have smoked cigarettes in the last 30 days	❑
I have not run vigorously for 30 minutes, at least 3 times per week, during the last 3 months	❑

physical activity readiness questions

	YES	NO
* Have you ever been diagnosed with a heart condition?	❑	❑
* Do you have chest pain brought on by physical activity?	❑	❑
* Do you feel light-headed or dizzy when exercising?	❑	❑
* Do you have any bone or joint problem or /injuries?	❑	❑
* Are you taking any prescribed medications that could affect you during exercise (women: excludes birth control)?	❑	❑
* Are you pregnant or nursing (women only)?	❑	❑
* Are you aware of any reason against exercising without medical supervision?	❑	❑

If you answered, "Yes" to any question above (marked with an *), please notify the Unit Fitness Program Manager before the assessment begins.

If you completed these questions prior to today, please ensure that your answers are still correct.

healthy habit questions

	YES	NO
Do you smoke or use tobacco?	❑	❑
Are you a member of a health club?	❑	❑
How many times do you exercise in a typical week?	❑ 0 ❑ 1-2 ❑ 3-4	❑ 5-7

assessment scores

Height: _____ ft. _____ in.

Waist: _____ ❑ 1/4 ❑ 1/2 ❑ 3/4 inches

Weight: _____ pounds

Run Time: (only if run completed) _____ min _____ sec

Resting Pulse: _____ 15 sec. count

Recovery Pulse: _____ 1 min. count

Sit & Reach:

	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0
Before toes	❑	❑	❑	❑	❑	❑	❑	❑	❑	❑	❑	❑
Touch toes	❑											
After toes	❑	❑	❑	❑	❑	❑	❑	❑	❑	❑	❑	❑
	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0

Push-ups: _____ 1 minute

Crunches: _____ 1 minute

Member Signature _____

Buddy Signature _____

Privacy Statement: This instruction requires collecting and maintaining information protected by the Privacy Act of 1974 authorized by U.S.C citation 552a(b)(1) and 552a(b)8. System of records notice as in ANGI 40-501 applies.

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Assessment

- **Measure weight and height**
  - DOD requirement – for Body Mass Index not part of composite score
- **Measure waist circumference**
  - Can be done one UTA prior
  - Top of right iliac crest on bare skin X3
  - Same gender taking measurements
  - Regular seamstress tape to be used
  - Could do this component on Sat of UTA
    - Complete the test on Sunday

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Assessments

- **Aerobic**
  - If running perform the flexibility, pushup and crunch test before the run
    - Very detailed course requirements
  - If performing the 3 minute step test assess the flexibility, pushup, and crunch test after the step test
    - Same 11.25 in step, same cadence

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Assessment

- **Flexibility**
  - Lower body flexibility - sit and reach buddy system
- **Muscular Strength/Endurance**
  - Upper body…..1-minute timed pushup
    - May rest in the up position
  - Abdominal…..1-minute timed crunch
    - May rest in the up position

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Results

- **All five components entered into the Fitnessage software under direction of UFPM – receive two scores**
- **Receive a total *Fitnessage* plus five separate ages for each component**
- **Will also calculate the AF/ANG score**
  - Statement will say “Congratulations” or
  - “Sorry” you did not meet standards etc.

Fitness Improvement Program (FIP)

- **It is the member's responsibility to maintain physical conditioning throughout the year**
- **Enter the FIP if score <70**
  - Must see the Health Promotion Manager
  - NGB IMT 108 *Fitness Improvement Program Processing (instead of Memo)*
    - *Record of events*
  - *Retest in 6 months, if passed – great, if not member sees MLO and continues in FIP*
  - *Administrative and personnel actions listed in attachment*

FITNESS IMPROVEMENT PROGRAM PROCESSING

AUTHORITY:
PURPOSE - To process members into and through the Air National Guard Fitness Improvement Program(s)
ROUTINE USES: None
DISCLOSURE: Voluntary. However, failure to furnish information will not change your status in the Air National Guard Fitness Program

SECTION I. INDIVIDUAL INFORMATION

NAME (Last, Fist, Middle Initial)			RANK	SSN	UNIT
DATE OF BIRTH	COMPOSITE SCORE	ABDOMINAL CIRCUMFERENCE	ASSESSMENT DATE		DUTY PHONE

SECTION II. MARGINAL FITNESS SCORE

Acknowledge the approximate date, time (if known) and location of your next assessment. Acknowledge having received information.

DATE	TIME	LOCATION	Member Signature
Unit Commander's Signature/Date	Unit Fitness Program Manager	Health Related Information given to Member/Signature/Date	

SECTION III. POOR FITNESS SCORE

Entry into Fitness Improvement Program (FIP) is required. Acknowledge the dates, times, and locations of your appointments below.

HPM Appt DATE	TIME	LOCATION	Member Signature
Unit Commander's Signature/Date	UFPM	HPM Signature/Date	
INITIAL FIP DATE	Next Assessment	LOCATION	Member Signature
Unit Commander's Signature/Date	Unit Fitness Program Manager Signature/Date		

COMMENTS

SECTION IV. REQUEST FOR MEDICAL EVALUATION

Fitness results at your 6 months assessment indicate a failure to improve your composite score while showing compliance to the program requirements. Accordingly you are scheduled for a medical evaluation to determine any possible medical indicators that prohibit program success. You can see the MLO or you may obtain documentation from your private Health Care Provider. Documentation must be provided to the MLO.

MEDICAL EVALUATION DATE	TIME	Member Signature	Unit Commander's Signature/Date

SECTION V. MEDICAL EVALUATION RESULTS (MLO)

Comments/Results:

MEDICAL LIAISON NAME AND GRADE	SIGNATURE	DATE

SECTION VI. FITNESS PANEL REVIEW (CC/MLO/1st Sgt/UFPM/FPM)

Panel Recommendations:

UNIT COMMANDER'S NAME AND GRADE	SIGNATURE	DATE

SECTION VII. MEMBER'S ACTION

I understand I may request additional information from my supervisor, Unit Fitness Program Manager, First Sergeant, Unit Commander, HPM, or health care providers. I have read and understand the information in the section(s) on the reverse of this form.

MEMBER'S NAME AND GRADE	SIGNATURE	DATE

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SECTION VIII. FITNESS ASSESSMENT FOLLOW-UP							
Date Assessed	**Composite Score**	**Category**	**Abdominal Circumference**	**Commander-Directed Follow-up / Referral**	**Member's Signature**	**Supervisor's Initials**	**Commander's Signature**
				□ UFPM □ HPM/Health Care Provider			
				□ UFPM □			
				□ UFPM □			
				□ UFPM □			
				□ UFPM □			
				□ UFPM □			
				□ UFPM □			
				□ UFPM □			

SECTION IV. RECORD OF ADMINISTRATIVE ACTION				
	Type of Administrative Action	Date	Member's Initials	Supervisor's initials
FIRST				
SECOND				
THIRD				
FOURTH				
FIFTH				
NOTE: Commanders must make a recommendation to the installation commander to retain, discharge or separate members based on unsatisfactory progress in the a ANG Fitness Improvement Program				

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Information Management

- **Fitness website will be the database**
  - http://angfitness.com
  - Use the information placed on the web
    - Training Manual, UFPM Checklist

- **Reports will be going to ANG/SG, NGB/CF, AF/SG onto CSAF**

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ANGI – Who Follows

- **Title 10 Stat Tour will follow the AFI 10-248 except for certain areas**
- **AGRs will follow ANGI 10-248**
  - Duty time must include PT as an integral part of mission requirements
    - 90 minutes 3x wkly
- **Traditional Guard members**

Education and Training Programs

PME, Technical Training etc

- Must have a baseline fitness assessment done at home station (or within weight standards)
  - Must be in a fitness category
  - If <70, coordination is required before sending student – *MEMO* supplied (Attach 16)
  - Need 75 or greater to obtain certificate in some cases
- Important! Student must be prepared!

POCs for School/Personnel Issues

Chief Susan Sigler ANG/DPDT

- Formal Training
  - DSN 327-5332, susan.sigler@ngb.ang.af.mil

SMSgt Deborah Davidson ANG/DPDE

- PME
  - DSN 327-3784, deborah.davidson@ngb.ang.af.mil

SMSgt Cathy Rico ANG/DPDF

- Flying Training Branch
  - DSN 327-0952, cathy.rico@ngb.ang.af.mil

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Cont.

- **Capt John Morrow ANG/DPFOC**
  - Personnel Actions
    - DSN 327-5777, john.morrow@ngb.ang.af.mil
- SMSgt Greg Jacobik ANG/SVX
  - Services
    - DSN 278-8169, greg.jacobik@ang.af.mil
- **Col Sylvia Nye ANG/SGI**
  - POC for Fitness Program
    - DSN 278-8558, sylvia.nye@ang.af.mil

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Timeline

- **ANGI 10-248 9 April 2004**
- **Working with Services in possibility of training events for FY 05**
  - 4 Traveling Cooper Courses throughout country
    - Services UTC, FPMs, HPMs, then UFPMs
- **Fitness website being updated now**
  - Health promotion information
    - Link to https://kx.afms.mil

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Timeline

- **Educate members of the changes in the standards**
  - Stress they need to be prepared
  - Have they begun?
  - Encourage a medical evaluation if they are just beginning an exercise program
- **FP assessment is an annual requirement required by 31 Dec 04**
  - This year COUNTS!

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Let's Review

- **Waist Measurement**

- **Step Test**
  - Practice taking the pulse more than once - can repeat another day
  - Both feet go onto step
  - No swinging arms
  - Pulse monitors to count the flashes of the heart

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Cont.

- **Flexibility**
  - Find the middle of the toe
- **Pushup**
  - Must be parallel to floor- shoulders straight with arms (elbow 90 degrees bent)
- **Crunch**
  - Elbows touch knees or thighs
  - Shoulder blades touch the mat

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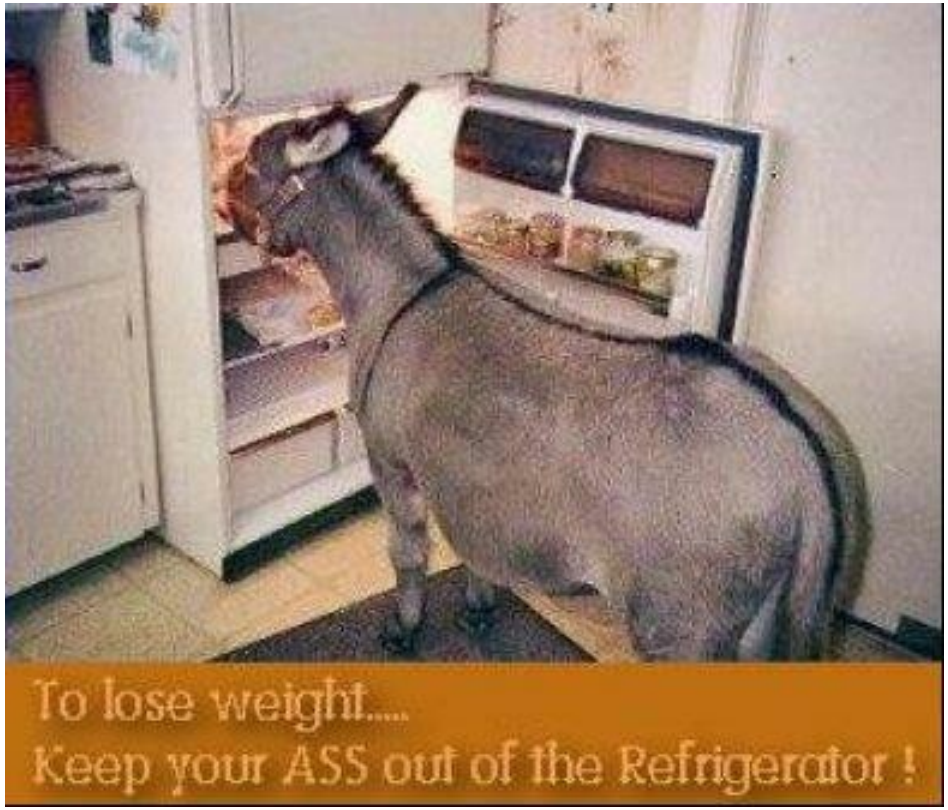
The Challenge

- **Remember,** *its not the test,* **but to focus on improving our health and fitness**
- **So the goal of developing and sustaining a force able to perform strongly and competently in the rugged, expeditionary locations to which our forces are deployed today can be met…**
- **But…also for everyday activities**

I fired
my
personal
trainer.


To lose weight.....
Keep your ASS out of the Refrigerator !

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QUESTIONS?

YOUR GUARDIANS OF FREEDOM
Ready Reliable Relevant
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"Now More Than Ever!"

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